

PRIVATE CIRCULATION.

Edgar F. Agnew

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ST GEORGE'S



INSTITUTE

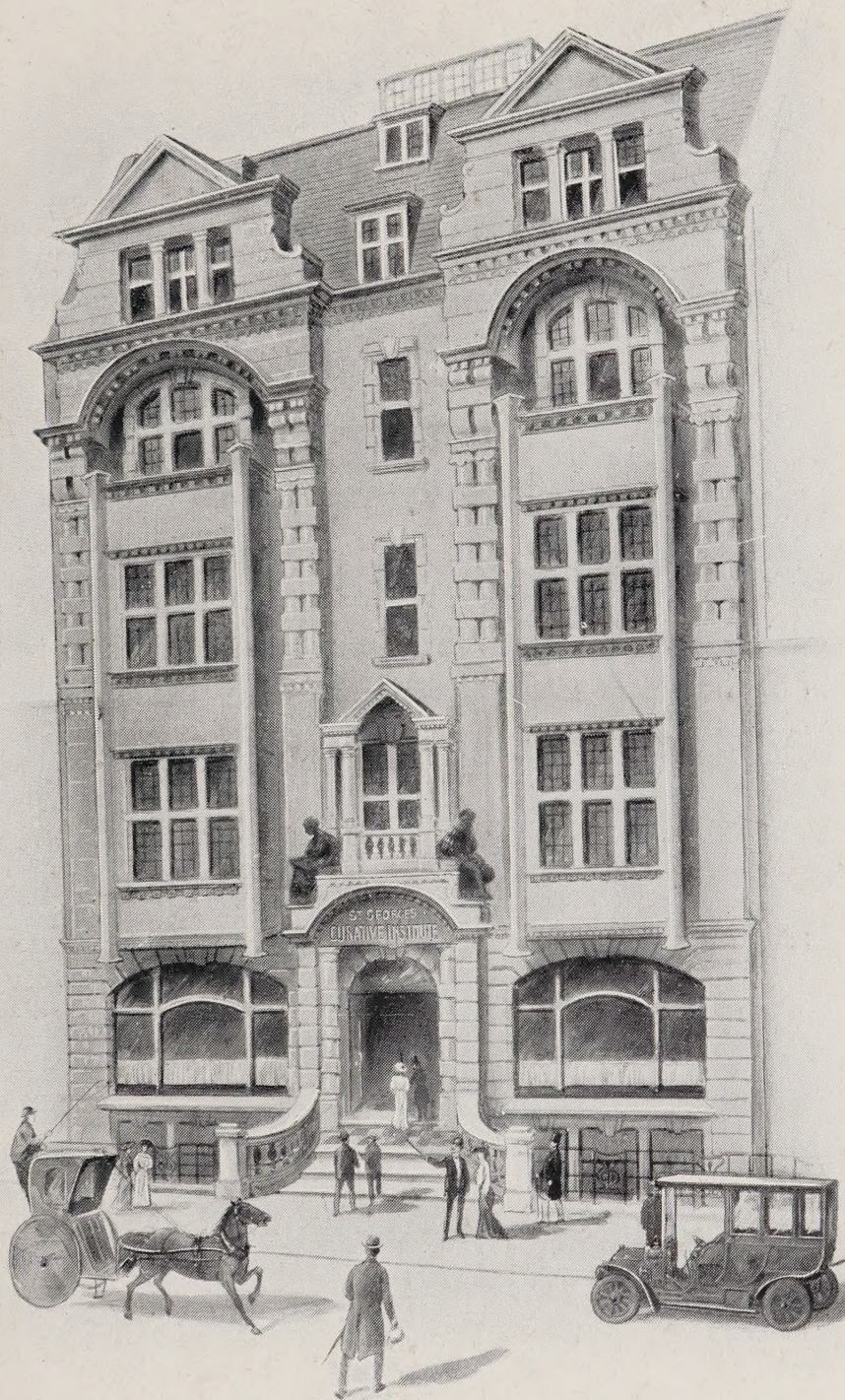
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ST. GEORGE'S CURATIVE
INSTITUTE



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GEORGE STREET, HANOVER SQUARE, LONDON, W.

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Consulting Physician, C. GLOVER THORP,
M.R.C.S. ; L.R.C.P

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INTRODUCTION.



THE following is extracted from the November issue of *The Practitioner*, and it touches upon a most important subject, deserving of the earnest consideration of my fellow members of the Profession :—

“ there are forms of treatment which the Profession, out of a mistaken sense of dignity or indifference, or sheer ignorance, has allowed to become a Tom Tiddler’s ground for unlicensed practitioners. Among these are massage, Swedish exercises, and various applications of electricity. It is now recognised that, properly used, these are all, in their several ways, useful. Even in that evil thing, bone-setting, there is a spirit of good. Why should these things be left to quacks? They belong essentially to rational medicine, and should be recaptured for its benefit, and

“for the greater good of the public. John Knox,
“or some other reformer, is said to have justified
“his action in borrowing the tunes of love songs
“for his hymns by the plea ‘Why should the
“devil have the best music?’ The moral of this
“story, as Jack Bunsby would say, lies in the
“application thereof.”

* * * * *

It is not, I believe, that Medical Men are lacking in an appreciation of the value of remedial exercises when properly prescribed.

Rather has it been the case that Members of the Medical Profession have hesitated to engage in a branch of work hitherto exploited by men utterly unqualified for it.

With the spread of health education, however, the public is now looking beyond those men whose only claim to engage in such work is based on a superabundance of muscle, rather than the possession of scientific qualifications.

It should also be recognised that the people who patronise un-Qualified individuals represent that growing section of the public which looks askance at purely drug treatment. I firmly believe that to prescribe exclusively drug treatment to patients who are believers in the doctrine of personal endeavour is to render impossible the good results possible with a due recognition of the latter powerful psycho-physiological factor.

The active nature of such patients rebels against the passive attitude demanded by purely drug treatment. These people must have outlets for their instinctive desire to help effect their own health salvation. To neglect to prescribe sympathetically simply drives such patients outside the sphere of Qualified medical influence.

Another—and at present much larger—class consists of those patients whose ailments indicate exercise as a valuable ally of ordinary therapeutics.

It is unnecessary to mention to my Colleagues anything like a complete list of the many pathological conditions in which properly-prescribed Remedial Exercises are of proved great value.

In view, however, of the fact that urban residents rarely take sufficient exercise, all ailments in which an insufficiency of this health necessity has played a part should be recognised as being amenable to its beneficial influence, especially such exercise as can be prescribed by the Physician cognisant of his Patient's history.

The pathological conditions susceptible to the beneficial influence of Remedial Exercises exist in great variety in ailments of the alimentary, eliminatory, and nervous systems. Cases that are generally characterised as “stubborn,” or even “chronic,” I find surprisingly quick to respond to general practice when combined with Remedial Exercises. The patient loudly proclaims the skill of the Physician who persuades him (or her) to adopt the combined treatment, the beneficial results of which are so apparent.

Patients of another class who may be benefited by Remedial Exercises are those whose ailments render them more or less incapable of taking even that ordinary—and not directly curative—exercise which would help so much towards recovery.

The Swedish “Passive” Treatment at the St. George's Institute is a form of exercise without effort, or with effort nicely graduated according to the physical capacity of the patient. Further particulars of this treatment for the physically weak and incapable appear on following pages.

I should like to point out that the St. George's Institute is I believe, the only establishment of its kind in London under Qualified supervision, and it exists to work in co-operation with the Medical Profession. Luxuriously-appointed Consulting, Exercising, and Dressing-rooms, and other accommodation are provided (right in the heart of the fashionable West-End), and are available to those of my fellow-Practitioners who appreciate the objects and usefulness of the Institute.

Appointments can be made by telephone (8161 Gerrard), telegraph ("Forearming—London"), or letter, but members of the Medical Profession are welcome to call at any time without appointment for the purpose of informing themselves as to the methods of the Institute.

C. GLOVER THORP,
Consulting Physician.

SYNOPSIS OF THE TREATMENT.



The Methods and Their Physiological Effects.



The methods of the St. George's Institute have been devised to suit Patients who may be broadly categorised as—

- (1) ACTIVE,
- (2) SEMI-ACTIVE,
- (3) and INACTIVE.

ACTIVE PATIENTS are those persons (of both sexes) who require systematic and properly-directed active muscular movements, at daily or other intervals, as an aid to their successful treatment. The Physician himself, may, if he so desire, easily prescribe for such a Patient in fairly general terms, stating any desirable limitations of activity suggested by his own knowledge of the case. In such simple cases, he may elect to write to me merely a brief letter of introduction of the case, as I personally receive and superintend the treatment of every Patient. Early benefit invariably follows the treatment of this class of Patient. This is simply because the Treatment at the St. George's Institute supplies an obvious curative necessity. Every function of the body is raised from subnormal activity, and the more perfect functioning of health takes the place of the imperfect action of ill-health.

The ordinary self-performed exercise (with and without the Institute's apparatus) is sufficient to bring about good results with Active Patients, but the Swedish Massage is a valuable ally.

A more difficult class of Patients are those of the SEMI-ACTIVE class. To this category belong the debilitated, and those persons who find even an exercise like walking a tax upon their powers.

The Physician's co-operation in the Treatment of these Patients is highly desirable, especially where his knowledge of the case extends over an appreciable period of time. Such knowledge enables the Physician to introduce his Patient to the Institute with a prefatory Report as to the limitations or possibilities of muscular movement. If he be unable to accompany and introduce this class of Patient to me, his Report should contain recommendations he may consider useful or advisable in carrying out the Treatment.

Where debility exists to a degree which suggests that the Patient is too weak to carry out easy muscular movements, the case is one especially suitable for the St. George's Swedish Passive Treatment. The latter provides a form of exercise of the whole system without muscular effort on the part of the Patient.

Coming to the third class of Patient—the INACTIVE INVALID—the method of treatment depends entirely on the Physician's recommendations, and the limitations imposed by the physical conditions of the case. In practically every case the Swedish Passive methods must form the basis of the Patient's treatment. It is, perhaps, needless to enlarge upon the fact that I very closely and continuously watch the treatment of this class of Patient.

The beauty of the Swedish Passive Treatment is, that it can be employed with varying degrees of vigour, calling for corresponding degrees of muscular assistance (exercise of muscular resistance) on the part of the Patient. I heartily invite my colleagues to personally test the wide range of muscular effort that can be aroused from the subject while under treatment at the hands of my Swedish Expert. Owing to the prone position, the Patient can be made to scientifically and effectively "exercise" and strengthen any part of his body under treatment, and at a surprisingly small cost of vital energy.

This feature of small expenditure of vital strength, and equally small excitement of the heart and nervous system, recommends the Swedish Passive Treatment as a sovereign specific in heart and other debilitated cases, especially in those cases where it is important that the Patient should enjoy the beneficial results of exercise, for its tonic and hardening effect on the whole system. The heart itself is in most cases very materially improved in strength and action by the Swedish "Passive" Treatment.

The basic principle of the Treatment is the corrective, or the remedial, power of properly performed muscular movements. It is not sufficient nowadays to prescribe merely the word "Exercise," or "Horse" or "Carriage Exercise." In the majority of cases the latter are impossible for one or more of many reasons. Walking, golf, and other exercises are beneficial, *but they are not directly curative* in their effect. A knowledge of the science of Remedial Exercise, or as it is incorrectly termed by some, "Medical Gymnastics," includes the ability to select and prescribe *curative* muscular movements to suit individual, pathological requirements. I shall be happy to give information upon this subject of Remedial Exercise to any of my colleagues interested in the subject.

The claim of Remedial Exercise to be employed as a legitimate co-worker in the field of medical therapeutics is not now denied by any member of the profession. Unfortunately, up to the present, this called-for accessory to General Treatment has not existed in sufficiently practical form. Now, however, there exists in the St. George's Institute an establishment to which Medical Men can with confidence recommend their Patients, well knowing that their directions will be faithfully carried out, and supervised, by a fellow-member of the profession.

[SPECIAL NOTE.—Every Medical Man has from time to time cases which require something supplementary to ordinary treatment for the purpose of securing additional and permanent relief. I believe that common sense will dictate that this accessory treatment is the one called for in such cases, and, speaking in the light of the many years' experience I have had, I have every confidence in recommending it for your earnest consideration."—C.G.T.]



THE SWEDISH "PASSIVE" TREATMENT.



For Invalids and the Physically Weak.



This Treatment has earned the right to be considered a most successful remedial treatment for all that wide class of disease which renders its victims more or less incapable of carrying out, and thus benefiting by, those curative aids which call for the exercise of muscular power.

Swedish medical experts carry out the Treatment, and these work under my supervision, and—if desired—under the co-operating supervision of the patient's own Doctor. Patients' Medical Advisers are, indeed, invited to co-operate with me. The treatment may also be carried out according to the prescription of the patient's Doctor.

The Treatment
comprises three
classes:

- (1) PASSIVE,
- (2) SEMI-ACTIVE
and
- (3) ACTIVE.

These classes
are intended to suit
three classes of
patients, namely—

(1) The invalid
who is practically
powerless, as in
Paralyses, Loco-
motor Ataxia, etc.,
and who at first
must receive purely
passive treatment.



SEMI-ACTIVE TREATMENT.

- (2) The invalid whose muscular powers are limited to a degree that enables him or her to carry out the treatment with the assistance of the expert.
- (3) The weak and ailing patient who is able to carry out the treatment under the direction, but without the manual assistance, of the expert.

Here it might be added that Passive Patients nearly always graduate to the Semi-Active and the Active Classes during a course of the Treatment.

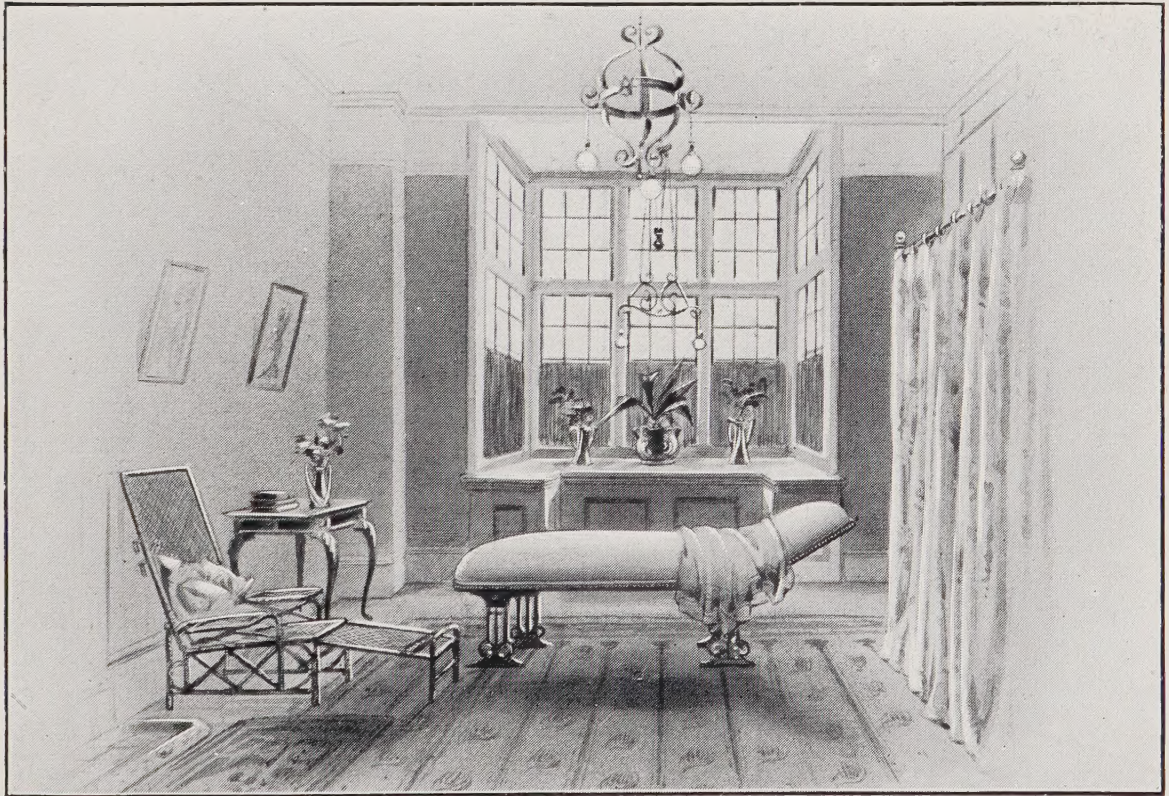
Two varieties of the Treatment are the

- (1) Dry Passive Treatment, and the
- (2) Medicated Passive Treatment.

The progress of the patient is hastened by the addition of the Medicated Treatment, where cutaneous preparations are indicated or prescribed as helpful.

SPECIAL TREATMENT FOR THE HEART.—The Treatment for heart affections varies according to the condition and requirements of that organ and the body generally. In cases of congestion Centripetal Movements have the effect of impelling the blood towards the heart, making the circulation of the blood easier, and reducing the conditions which exist, as with dropsy, etc. In other affections Centrifugal as well as Centripetal alternating movements to and from the heart are employed. These have the effect of improving arterial action, strengthening the arteries themselves, and inducing the healthy circulation of the blood. These movements are especially beneficial where incipient and not too advanced arterial weakness and atrophy exists.

RHEUMATISM AND GOUT.—Patients suffering from these distressing ailments receive great relief under the Swedish Passive Treatment, which powerfully assists the Natural functions of the body. Continuous treatment has often completely broken up the rheumatic or gouty conditions, banishing even the after-



ROOM AND COUCH FOR "PASSIVE" TREATMENT FOR INVALIDS.

effects of tissue hardness and stiffness, softening the tissues and restoring elasticity to all the affected parts.

If space permitted, it could be explained how the Swedish Passive Treatment relieves and cures in other ailments, but Medical Men are always welcome to call and learn particulars of the Treatment, with a view to prescribing it for their own patients. This treatment is indicated in every form of debility, and will be found especially beneficial in the following ailments :—

HEART AFFECTIONS.
PARALYSES, LOCOMOTOR ATAXIA, LAMENESS, ETC.
RHEUMATISM, GOUT AND ARTHRITIS.
SPINAL CURVATURE
ANKYLOSIS.
ROUND SHOULDERS.
CONTRACTED CHEST.
VARIOUS FORMS OF PHYSICAL MALFORMATIONS.
NERVOUS DISORDERS.
NEURASTHENIA AND LACK OF ENERGY.
MELANCHOLIA AND HYPOCHONDRIA.
WEAKNESS OF CHEST AND RESPIRATORY ORGANS.
SPRAINS AND STRAINS.
AILMENTS OF WOMEN.
INDIGESTION.
ANÆMIA AND GENERAL DEBILITY.
CONSTIPATION.
HARDENING OF THE MUSCLES.
AND OTHER AFFECTIONS.

The improvements obtainable under the Treatment in most of the above are astonishing. “Indeed, it is,” as one pleased patient expressed it, “impossible for anyone to realise beforehand the relief obtainable from the Treatment.”

To the tired and harassed Society, Professional and Commercial man or woman the Treatment is a supremely beneficent tonic that refreshes both mind and body to a wonderful degree, and there is wonderfully small reaction. The Treatment, indeed, is one I strongly recommend to those of my brother practitioners who find all too little time at their disposal for ordinary exercise for health. It is a significant fact that Medical men themselves are now taking this Swedish Treatment.

ABOUT THE INSTITUTE ITSELF.



The illustrations in this booklet give some idea of the luxury and comfort of the accommodation provided. The Institute, indeed, has no rival in any respect that can contribute to the comfort and satisfaction of both Patients and their Medical Advisers.

Central Location.

Centrally located in the very heart of the West End, it is easily and quickly accessible from all parts of London. The Institute is only five minutes' walk from Oxford Circus and Piccadilly Circus, and two minutes from Regent Street or Bond Street, W. (via



GENTLEMEN'S DRESSING ROOM.



AN INSTRUCTOR.

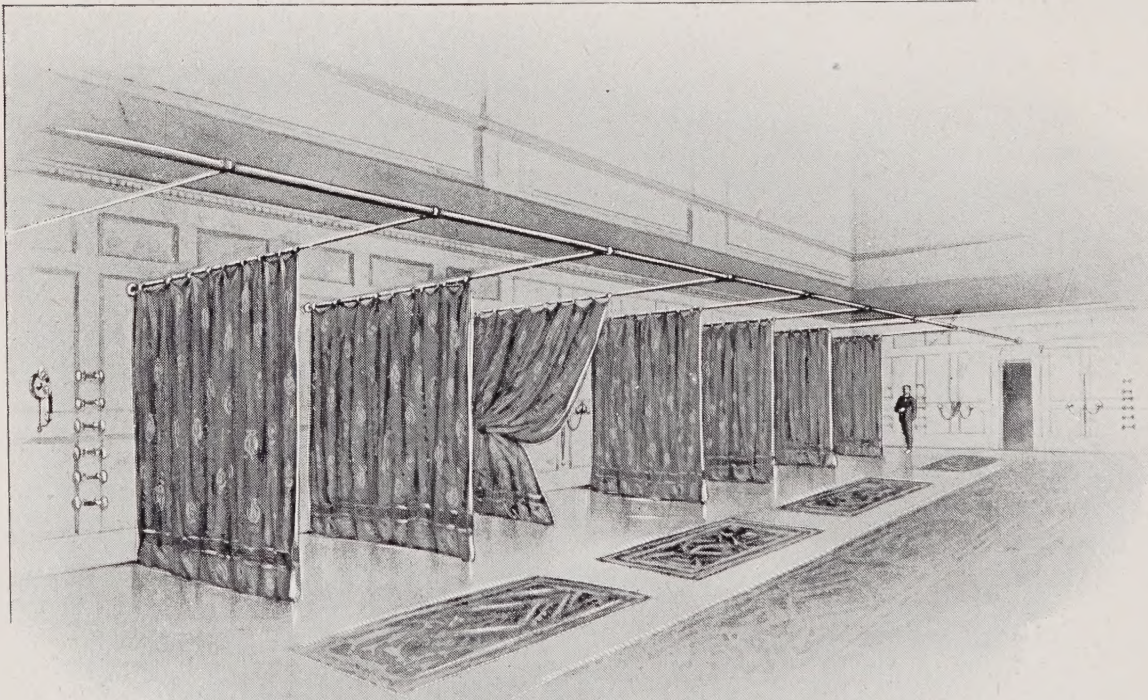
Conduit Street). Its front faces the famous St. George's Chapel, while its rear overlooks fashionable Bond Street.

The Building.

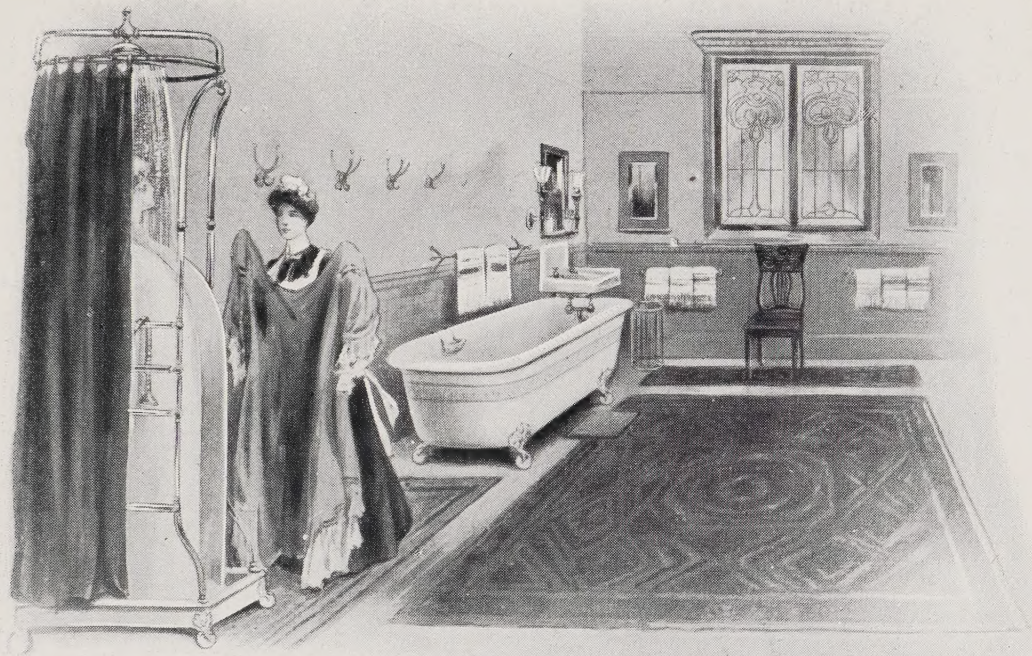
The building locally ranks next to St. George's Chapel itself in point of architectural quality. It was completed only last year (1906). The exterior is of Bath stone, and a feature of the structure is the handsome oriel windows and the noble entrance and doorway, the latter surmounted by heroic size figures typical of "Health" and "Strength."

Interior and Furnishing.

An inspection of the interior still further impresses the visitor with the fine character of the building as a whole. The apartments are large and lofty, and the lighting and



ONE OF THE EXERCISE SALONS, SHOWING PRIVATE CUBICLES.



LADIES' RECLINING, SHOWER, NEEDLE, SPRAY AND JET BATHS.

ventilation unusually good. The patient breathes fresh air instead of that musty, stale air so usual with "converted" premises. The St. George's Curative Institute was *built for its purpose*, instead of being a make-shift adaptation of a disused auction room or picture gallery which failed in its original purpose on account of unsuitable environment.

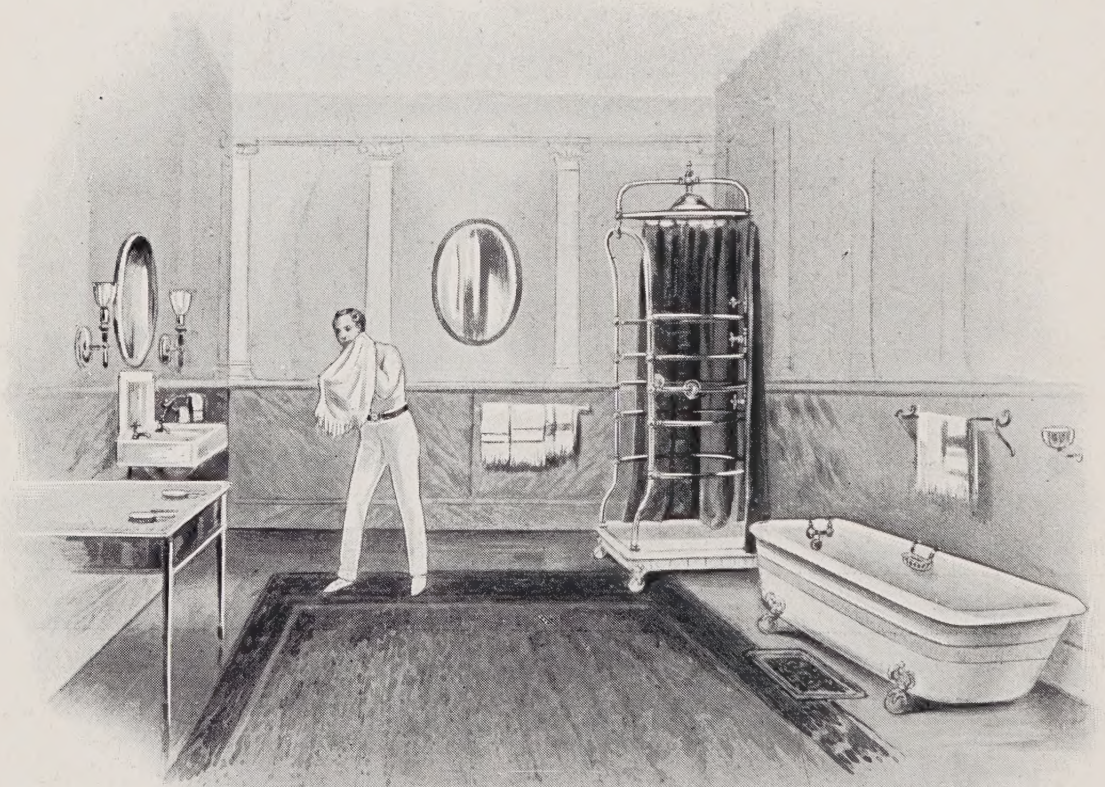
The furnishing and appointments are luxurious in the extreme. It has been recognised that environment is a potent factor in the successful practice of Remedial Exercise. And here at the St. George's Institute nothing is wanting that can help to make patients feel that they are breathing the most encouraging atmosphere of health and strength of body and mind. The colour schemes of floor coverings, draperies, wall coverings, fittings and appliances call for the healthy, because enjoyable, exercise of every mental faculty in con-



junction with the exercise of the muscles themselves. In such environment the healthy exercise and development of mind and body go hand in hand under the most fostering conditions.

Baths and Bathing.

Very fine bathing facilities are provided at the St. George's Institute. There are Reclining, Spray, Shower, Needle and Jet Baths. These can be given at any temperature, also at increasing or decreasing temperatures, as desired by the patient, or as prescribed by his or her Medical Adviser.



ONE OF THE GENTLEMEN'S BATHROOMS, WITH RECLINING, SHOWER, NEEDLE, SPRAY AND JET BATHS.

It is not necessary to inform Medical Men of the tonic and beneficial effects of certain forms of bathing, especially when carried out under the most ideal conditions.

The Exercising Salons.

These are all situated on the upper floors, which are reached by the Passenger Lift. They are unusually spacious, lofty and well-lighted. Owing to their position above the street level, good air is obtainable. This feature is in bright contrast to the underground and badly-ventilated places used for exercise elsewhere, and which it is impossible for Medical Men to recommend.

The utmost privacy is obtainable for every Patient, owing to the ingenious method of sub-division of the Salons.

The Dressing Rooms.

The Dressing Rooms are most commodious, conveniently arranged and well-appointed, with mirrors, etc. The Dressing Rooms adjoin the Exercising Salons and Bath Rooms. They are replete with every comfort that modern ingenuity can devise. Even manicure appliances are provided. Nothing, indeed, is wanting to complete the satisfaction of the Patient, or, on the other hand, to merit the confident recommendation of Patients' medical advisers. Separate dressing cubicles are provided, thus ensuring absolute privacy. Each cubicle is separately lighted, and well-trained attendants wait on pupils to secure their utmost comfort.



LADIES'
LOUNGE

Ladies and Gentlemen on Separate Floors.

Are accommodated on separate floors, each sex having distinct exercising salons, baths, dressing rooms, staff, etc., though under the same direction and supervision. The provision of separate accommodation for Ladies and Girls places at the disposal of the latter, for the first time, the convenience of attendance at any time, and any day, instead of being forced, as hitherto, to arrange their visits to suit the exigencies of an establishment the accommodation of which permits the visits of only one sex at a time. Thus, at the St. George's Institute it is possible for, say, a father,



LADIES' DRESSING ROOM.

mother—in fact, a whole family—to take healthy exercise at the same hour of the same day, instead of on separate days.

Passenger Lift.

A commodious and comfortable lift conveys Patients and Visitors to and from the ground floor entrance hall.

The Staff and Service.

In keeping with the building, its appointments and objects, the Staff and Service are unexcelled. There are separate staffs for ladies and gentlemen, and a certificated nurse is in constant attendance on the ladies' floor. There are also telephones and messenger boys for the convenience of Patients and Medical Men.

It is a remarkable fact that the members of the Instructing Staff have had not less than from ten to fifteen years' practical experience as Exercise Experts. The Principal is the acknowledged leader in his profession, and his qualifications may be judged from the fact that he acts as Director of Exercises to several world-famous West End Physicians and Surgeons, who thus demonstrate their own personal appreciation of his knowledge. These gentlemen, too, are constantly recommending patients to take a course of exercise under his personal direction. The Principal is, of course, under the supervision of the Institute's Physician.

Mediocrity is not allowed in any member of the staff or service, and one and all are imbued with a hearty desire to make a course of Medically-prescribed and Medically-supervised exercise or Swedish Treatment at the St. George's Institute satisfactory as regards results, as well as interesting and pleasant in practice.

TERMS.



REMEDIAL TREATMENT—

13 Visits	-	-	-	Seven to Ten Guineas.
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26 „	-	-	-	Twelve to Fifteen Guineas.
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Swedish Massage can be included with above at slightly increased fee.



SWEDISH “PASSIVE” TREATMENT—

6 Visits	-	-	-	Six Guineas.
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13 „	-	-	-	Ten Guineas.
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26 „	-	-	-	Eighteen Guineas.
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SPECIAL NOTICES.

All Fees are inclusive of Baths, Lockers and Attendance.

The Fees quoted are intended for general guidance, but where special requirements have to be met a quotation will be furnished. Special arrangements in regard to payment of fees may be made with the Manager.

Treatment, or Lessons, at Patients' own home by arrangement with the Manager.

